



# Sports & Leisure Services

## Forres House Community Centre

### Activities Timetable

#### As at 15<sup>th</sup> October 2020

Day	Start		Finish	Class	Contact
<b>Mon – Fri</b>	9.00am	-	10.00pm	<b>Public Badminton &amp; Basketball</b>	Current Entry Fee / FitLife card Booking essential: 01309 672838
<b>Monday</b>	9.15am	-	10.00am	<b>Indoor Cycling Class</b>	Online booking
	9.15am	-	10.00am	<b>Body Combat</b>	Online booking
	9.30am		10.30am	Pure Stretch	Jill Morgan 07783 409109
	10.30am	-	11.15am	<b>Indoor Cycling Class</b>	Online booking
	1.00pm	-	1.45pm	<b>Indoor Cycling Class</b>	Online booking
	6.00pm	-	6.45pm	<b>Kettlebells</b>	Online booking
	6.00pm	-	6.45pm	<b>Indoor Cycling Class</b>	Online booking
	7.00pm	-	7.45pm	<b>Indoor Cycling Class</b>	Online booking
	7.00pm	-	8.00pm	Chan Quan Shu Tai Chi/Kung Fu	Archie Macallan 07799 064964
<b>Tuesday</b>	9.15am	-	10.00am	<b>Indoor Cycling Class</b>	Online booking
	9.30am	-	10.30am	Pilates	Fran Britain 07714 596653
	10.00am	-	11.00am	Flexercise	Jenny Bichan 07768 274683
	10.15am	-	11.00am	<b>Indoor Cycling Class</b>	Online booking
	2.00pm	-	3.00pm	Flexercise – Senior Citizens	Pam Watson 01309 672971
	3.30pm	-	5.30pm	Dance North	Gail Sneddon 01309 691661
	4.30pm	-	5.30pm	<b>Active Schools Cricket</b>	Active Schools 01309 672838 (Starts 27 <sup>th</sup> October)
	6.00pm	-	6.45pm	<b>Indoor Cycling Class</b>	Online booking
	6.00pm	-	6.45pm	Kettlebell Combat	Jill Morgan 07783 409109
	7.00pm		7.45pm	<b>Indoor Cycle Class</b>	Online booking
	7.00pm	-	10.00pm	<b>Adult Badminton</b>	Current Entry Fee / FitLife card Booking essential: 01309 672838
	7.00pm	-	8.00pm	Pilates	Fran Britain 07714 596653
<b>Wednesday</b>	9.30am	-	10.15am	<b>Indoor Cycle Class</b>	Online booking
	9.30am	-	10.15am	Kettlebell Combat	Jill Morgan 07783 409109
	2.30pm	-	3.30pm	Margaret Morris Movement	Jane 01309 696338
	3.30pm	-	5.00pm	<b>Active Schools – Racquet Sports</b>	Active Schools 01309 672838 (Starts 4 <sup>th</sup> November)
	5.00pm	-	6.30pm	Badminton Moray	Angela Bell 07825 581738 (Term time only)
	5.30pm	-	6.15pm	<b>Indoor Cycling Class</b>	Online booking
	6.30pm	-	7.15pm	<b>Indoor Cycling Class</b>	Online booking
<b>Thursday</b>	9.15am	-	10.00am	<b>Indoor Cycling Class</b>	Online booking
	9.30am	-	11.00am	B.A.L.L Group	Ann Hay / Carmen Gillies 01343 563510 (Starts 29 <sup>th</sup> October)

	10.15am	-	11.00am	<b>Indoor Cycling Class</b>	Online booking
	3.30pm	-	7.00pm	Moray Dance	Rosalyn Wie 07917 533516 (Term time only)
	6.00pm	-	6.45pm	<b>Indoor Cycling Class</b>	Online booking
	7.00pm	-	8.00pm	<b>Active Schools –Netball/Basketball</b>	Active Schools 01309 672838 (Starts 5 <sup>th</sup> November)
	7.00pm	-	10.00pm	<b>Adult Badminton</b>	Current Entry Fee / FitLife card Booking essential 01309 672838
	7.15pm	-	7.45pm	<b>Metafit</b>	Online booking
	8.00pm	-	8.30pm	<b>Abs (Core HIIT)</b>	Online booking
<b>Friday</b>	9.15am	-	10.00am	<b>Body Combat</b>	Online booking
	9.30am	-	10.30am	<b>Body Blitz</b>	Current Entry Fee / Fit Life Card
	9.30am	-	11.30am	<b>Hotshots Badminton Group</b>	Current Entry Fee / Fit Life Card
	2.15pm	-	3.15pm	<b>Walking Football</b>	Current Entry Fee / Fit Life Card (Starts 30 <sup>th</sup> October)
<b>Saturday</b>	9.00am	-	9.45am	<b>Indoor Cycling Class</b>	Online booking
	9.00am	-	1.00pm	<b>Active Start Mixed Sports</b>	Email <a href="mailto:sports.development@moray.gov.uk">sports.development@moray.gov.uk</a>
	1.00pm	-	3.00pm	<b>Public Badminton / Basketball</b>	Current Entry Fee / FitLife card Booking essential 01309 672838

Please note that class times and sessions vary due to School and Public Holidays. For further information or to book please contact reception on 01309 672838 or email: [forres.house@moray.gov.uk](mailto:forres.house@moray.gov.uk)  
Classes in **Bold** are included in the Fit Life membership